

Back Rehabilitation Exercises

Good for:

- Strengthening your core back muscles
- Reducing inflammatory pain
- Improving blood and lymphatic flow to your spine

1) Dorsal arch

Technique:

- Place both hands underneath your buttocks and assume a slumped position.
- Sit upright and pull your shoulders backwards until you experience a stretch that is not causing too much discomfort.
- Take a deep breath and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Repeat exercise 2 - 3 times.

For best results:

- Repeat this routine 3 - 5 times a week.
- Combine these exercises with our Back Spasm Stretch routine.

Avoid doing if:

This exercise aggravates or causes pain.



Back Rehabilitation Exercises

Good for:

- Strengthening your core back muscles
- Reducing inflammatory pain
- Improving blood and lymphatic flow to your spine

2) Knee raise

Technique:

- Sit upright and place both hands on your thighs.
- Stabilise your spine by pulling your navel inwards and upwards.
- Lift your one leg whilst maintaining the tension on your abdominal muscles.
- Take a deep breath and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change legs and repeat with opposite leg.
- Repeat exercise 2 - 3 times on each side.

Avoid doing if:

This exercise aggravates or causes pain.



Back Rehabilitation Exercises

Good for:

- Strengthening your core back muscles
- Reducing inflammatory pain
- Improving blood and lymphatic flow to your spine

3) Seated sideways rotation

Technique:

- Sit upright and fold both arms in front of your chest.
- Rotate sideways until you experience a stretch that is not causing too much discomfort.
- Take a deep breath and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change direction and repeat on opposite side.
- Repeat exercise 2 - 3 times on each side.

Avoid doing if:

This exercise aggravates or causes pain.



Back Rehabilitation Exercises

Good for:

- Strengthening your core back muscles
- Reducing inflammatory pain
- Improving blood and lymphatic flow to your spine

4) Chair squats

Technique:

- Lock the wheel castors on your chair and ensure that your chair will not slide backwards or sideways.
- Sit upright and fold your arms in front of your chest.
- Stabilise your spine by pulling your navel inwards and upwards.
- Stand up from your chair whilst maintaining the same tension on your abdominal muscles.
- Take a deep breath and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Repeat exercise 3 - 4 times.

Avoid doing if:

This exercise aggravates or causes pain.



Back Rehabilitation Exercises

Good for:

- Strengthening your core back muscles
- Reducing inflammatory pain
- Improving blood and lymphatic flow to your spine

5) Wall push-ups

Technique:

- Place both hands underneath your buttocks and stand upright, place your hands at shoulder height against the wall.
- Move your feet slightly backwards.
- Lean forwards by bending your arms and pulling your shoulder blades together.
- Take a deep breath and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Repeat exercise 4 - 6 times.

Avoid doing if:

This exercise aggravates or causes pain.

